

# MIDDLESEX SENIORS

## NOVEMBER 2016

### 732-356-0414

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1  <i>MEDICAL TRANSIT</i>	2 CARDS 9AM /SIT & BE FIT 10:30/BINGO ERRANDS/GROC.  <i>MEDICAL TRANSIT</i>	3 BUS TRIP TO JERSEY GARDENS IN ELIZABETH 10AM  <i>MEDICAL TRANSIT</i>	4 CARDS 9AM ZUMBA 9:30 \$4 SIT& BE FIT 10:30 HUNTERDON HILLS \$71 HOLIDAY SHOW <i>MEDICAL TRANSIT</i>	5
6 <b>DAYLIGHT SAVING TIME ENDS. TURN CLOCKS BACK ONE HOUR</b>	7 ZUMBA 1PM \$4  <i>MEDICAL TRANSIT</i>	8 <b>ELECTION DAY</b>  <i>MEDICAL TRANSIT</i>	9 CARDS9AM /SIT & BE FIT 10:30/BINGO ERRANDS/GROC. <b>FLU SHOTS 12:30PM-2PM</b> <i>MEDICAL TRANSIT</i>	10 DINNER AT THE TEXAS ROADHOUSE 4PM  <i>MEDICAL TRANSIT</i>	11  <b>OFFICE CLOSED VETERANS DAY</b>	12
13	14 ZUMBA 1PM \$4  <i>MEDICAL TRANSIT</i>	15  <i>MEDICAL TRANSIT</i>	16 CARDS9AM /SIT & BE FIT 10:30/ BINGO ERRANDS/GROC.  <i>MEDICAL TRANSIT</i>	17 BUS TRIP TO CHRISTMAS TREE SHOP ON ROUTE 22 LUNCH  <i>MEDICAL TRANSIT</i>	18 CARDS 9AM ZUMBA 9:30 \$4 SIT& BE FIT 10:30 <b>NUTRITION THROUGH THE HOLIDAY'S 11:30</b>	19
20	21 ZUMBA 1PM \$4  <i>MEDICAL TRANSIT</i>	22  <i>MEDICAL TRANSIT</i>	23 <b>OFFICE CLOSED</b>	24 <b>HAPPY THANKSGIVING</b>	25 <b>CLOSED</b>	26
27	28 ZUMBA 1PM \$4  <i>MEDICAL TRANSIT</i>	29  <i>MEDICAL TRANSIT</i>	30 CARDS9AM /SIT & BE FIT 10:30/ BINGO ERRANDS/GROC.  <i>MEDICAL TRANSIT</i>			